

A leader in two fields, psychology and neuroscience, Adele Diamond helped pioneer a now flourishing interdisciplinary field, "developmental cognitive neuroscience." For over 30 years, Adele Diamond has been studying the most complex human abilities (collectively referred to as 'executive functions,' which include attention, self-control, and reasoning). As the Canada Research Chair Professor in Developmental Cognitive Neuroscience at the University of British Columbia, Prof. Diamond studies how executive functions can be modified by the environment, modulated by genetics and neurochemistry, become derailed in certain disorders, and can be improved by effective programs and interventions. Her work has helped change medical practice for the treatment of PKU (phenylketonuria) and for the inattentive type of ADHD.

Prof. Diamond has shown that executive function skills can be improved in very young children in the classroom without specialists or expensive equipment. Most recently she has turned her attention to the possible roles of play, the arts, dance, storytelling, and physical activity in improving executive functions and academic and mental health outcomes. Adele Diamond received her BA from Swarthmore College Phi Beta Kappa (in Sociology-Anthropology & Psychology), her PhD from Harvard (in Developmental Psychology), and was a postdoctoral fellow at Yale Medical School with Patricia Goldman-Rakic (in Neuroanatomy). In recognition of her research accomplishments she has received numerous awards, including being elected a Fellow of the Royal Society of Canada. She was named one of the "2000 Outstanding Women of the 20th Century," a Distinguished Scientific Lecturer by the APA, and a "Woman of Distinction" by the YWCA.